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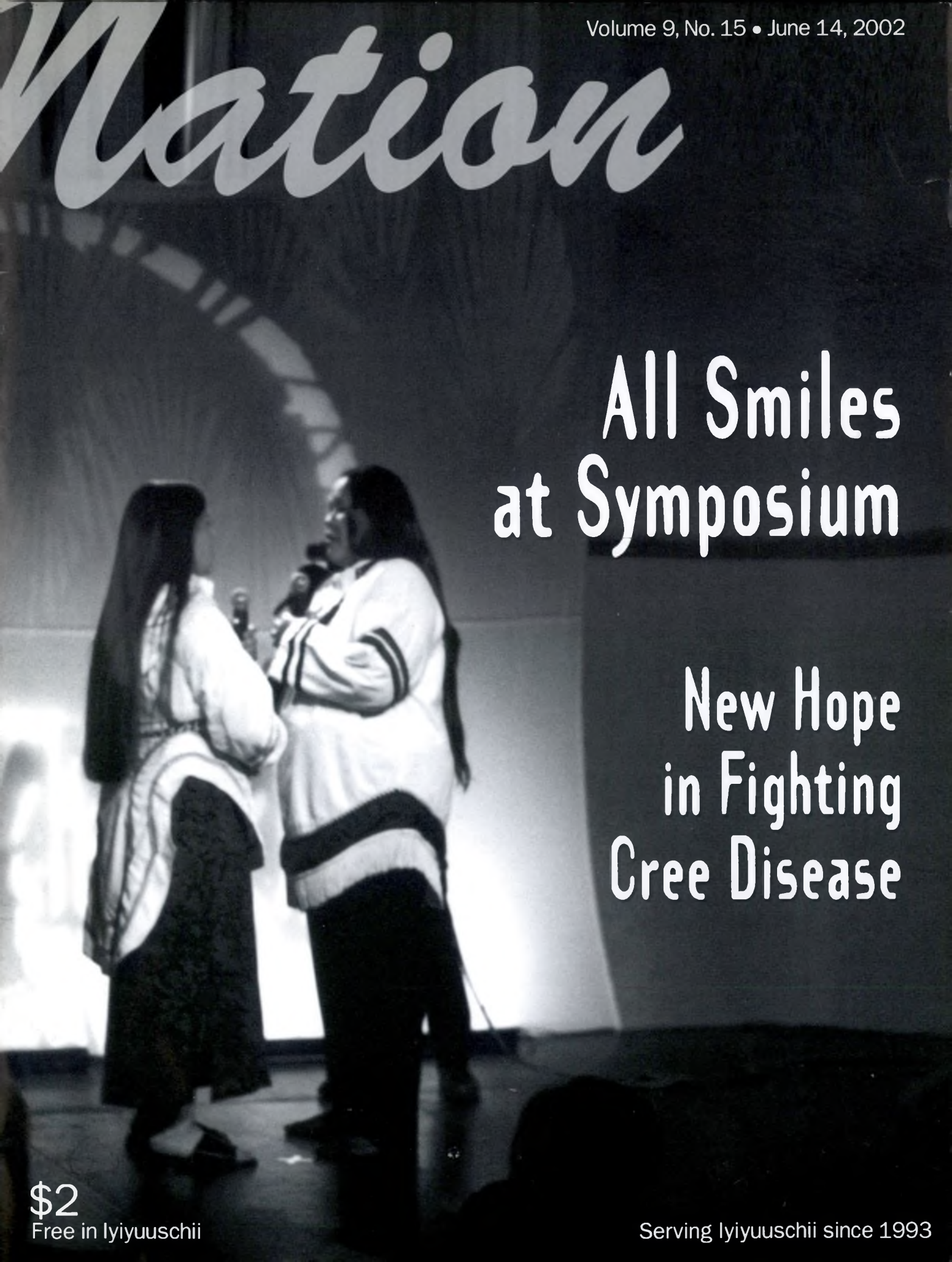

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Algonquins/Canada/Quebec/U.N.'s Mix

My old friends, the Barriere Lake Algonquins, take their heroic struggle to the UN Permanent Forum on Indigenous Issues

The opening session of the United Nations' Permanent Forum on Indigenous Issues has focused international attention on the looming land battle in the territory of the Algonquins of Barriere Lake. Nearly 600 delegates heard how the governments of Canada and Quebec have walked away from the Trilateral Agreement - a historic land management process for the traditional territory. As a result, the region is facing a return to the logging battles that caused an international outcry in the late 1980s and early 1990s.

"The actions of the governments of Canada and Quebec constitute a serious violation of domestic and international obligations respecting Indigenous peoples," community representative Russell Diabo told the forum. "In unilaterally terminating their obligations under the Trilateral Agreement, Canada and Quebec are in breach of a solemn agreement."

It is not the first time the Algonquins of Barriere Lake have come to the attention of the United Nations. In the mid 1990s, the community was lauded for its "trailblazing" efforts. The Trilateral Agreement was held up as a model for sustainable development, not just on Indigenous territory but applicable throughout the world. Last summer, however, the Federal government walked away from the final stages of the process. Since then, the Algonquins have been struggling to keep Quebec and industry onside with the accord. This past week it became known that Quebec had walked away from the process by unilaterally issuing cutting permits to logging giant Domtar.

"Obviously Quebec and Domtar have come to the conclusion that complying with the agreement will result in the loss of wood volume and revenue, so it is an example of entrenched economic interests taking presence over the interests of the Algonquins," stated Diabo. "The First Nation has vowed to stop operations which are not undertaken according to the terms of the Trilateral Agreement."

Diabo, who also met with Mary Robinson, U.N. Commissioner for Human Rights, told the forum that the Trilateral Agreement could still serve as a model for the Permanent Forum. Diabo also recommended that the U.N. forum look at the Trilateral Agreement as a model for co-management and co-existence.

note: Boyce Richardson's website is at: www.magma.ca/~brich/index.html

By Boyce Richardson

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Inuit Throatsingers at the Symposium
Photographer: Will Nicholls
Cover Design: Richard Lawson

Rez notes

SONNY ORR

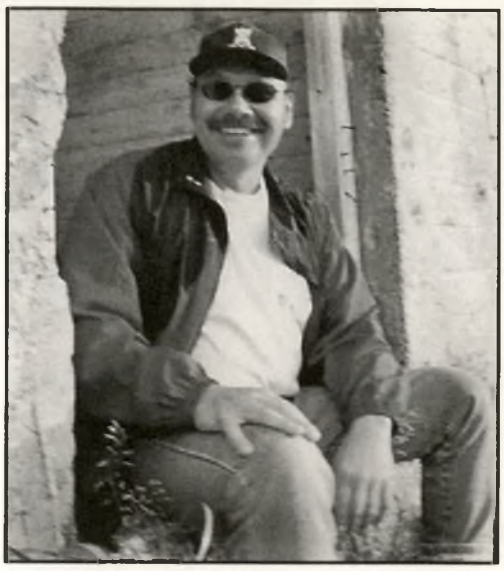
DADDY DEAREST...

During the bachelorhood days of any man's life, the issue of being a father was nearly always nine months away from the time of doing the "sweaty tango." Fatherhood was a concept that was left to someone else, namely good ol' daddy, who cared for you in most cases and treated you kindly, like the good son or daughter. In some cases, fatherhood came to many a young man as a surprise.

In the days of the Pill, the love sleeve and other contraceptives that took the place of ancient and unkind preventative measures, fatherhood became an option that was under control. In China, fatherhood is a privilege and even more pronounced if your child is a male. This is controlled by the government, which stipulates that a family can raise only one child. Imagine the numbers: a quarter billion parents wishing for male children. And the question remains: who gets to be the mother 20 years down the line?

In the concept of fatherhood in the Canadian context, being a father depends on your income. The question arises: am I not the father and head of the household, or am I just a spouse and dependent? Many a middle-income bracket daddy wrestled with their tax form while whittling away their wages to conform to the tax man's wishes. Is son number one a tax break, can baby number five count as a deductible? Are diapers considered as business expense or can it just absorb peepee and poopoo? Why is the babysitter tax exempt when I pay her wages?

Of course, the issue of taxes are non-existent to the majority of Cree families, but they still have to file every year, just like millions of other taxpayers. Thank you for the GST rebates and family allowance, most fathers say. I'll gladly renounce my income so as to not interfere with those hallowed government handouts to mothers, what else can a good daddy do?



Since Father's Day is creeping up on the horizon, it would be good to treat fathers with respect and praise them for their renouncement of being the head of the household, in favour of mommy dearest, who can benefit greatly through tax breaks. Being a daddy in these modern days is a far cry from the pre-baby boomer generation. Daddy was the voice and strength came from him in the form of a stern yet firm voice and he got to mete out any punishment that proper discipline dictated. Today, his voice is drowned out by MTV and Nintendo, and punishment takes the form of not allowing access to the remote control.

These days, having a real dad is optional, thanks to in vitro procedures and artificial insemination. Can you imagine the family photo with mom cuddling a test tube? Thanks to modern technology, the sperm bank can be your suppository and the numerous children you have unknowingly fathered may be your business partner in 20 years time. Does he/she have my eyes/ears/nose? Only time will tell.

Other than my disconcerting perspective of the erosion of mankind's role in today's world, being a father has many pleasant aspects for nearly all daddies out there in Cree land and elsewhere. Hoping that all fathers and fathers to be be treated well on their day of each year, I wish them all a Happy Father's Day.

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Genetic Sleuths attack mystery of Cree Disease

An historic meeting this week in Montreal promises that future generations of Cree will have more control over their health.

"A lot of parents wanted to know why it was happening," Annie Bearskin says of the Cree disease, which took her granddaughter's life in 1998. "Right now, they're very happy with the information and the fact people will have a choice in the future."

Because of her role in the Eeyou Awash Foundation, a support group for parents of children with the disease, Bearskin will be in Montreal this week to discuss the course for the next stage in the struggle against the disease. She'll be joined by a remarkable coalition of scientists who are researching the genetic secrets of the disease and Cree health authorities who will decide how to best apply that knowledge in the nine Cree communities.

"So far, all the work has been done in the lab," said Dr. Deborah Black, a neurologist who works in Montreal and Vermont and who did early, groundbreaking research on the disease while working in Chisasibi in the 1980s. "The next step is for the Cree to decide what they want to do with that information."

After Dr. Black and her team first discovered the Cree disease is actually two similar neurological disorders in 1988 — Cree encephalitis and Cree leuco-encephalopathy — work turned towards finding the specific genes that caused the diseases. Scientists and Cree had long suspected the cause of the disease lay in the parents' genes, as the disease seemed to run in some families but not in others.

In the last two years, researchers in Leeds, England, Paris and Bethesda, Maryland, working together with affected Cree, found the genes. Now, scientists know that about one of every 20 Cree carry the gene. However, the disease only develops in children who have parents who both carry the gene. Even then, the chance is only one-in-four they will be affected, according to Dr. Black.

by M.J. Milloy

"The mother and the father could both have the gene and none of their kids would get the disease. That's a chance they could take."

Armed with this scientific information, Cree health officials now have to decide how to help Cree carrying the gene.

"There are really three ways to go," explained Dr. Black, laying out the chief issues for discussion at this week's meetings. "Before they have kids, the mother and father can be screened for the genes and told what chance their kids will have of developing the disease. Or, when mothers are pregnant they can test the fetus and could choose to abort. Or Cree officials could screen everyone for the genes."

Each strategy comes with tricky ethical and moral issues. Fortunately, the genetic research into the Cree disease revealed the Cree do not suffer alone.

"Both of these diseases have homologues; they're not exactly the same disease but it means there is more scientific interest," explained Dr. Black.

Cree encephalitis shares the same genetic cause as Aicardi-Goutieres syndrome, an extremely rare disorder that affects approximately 40 children each year, primarily in Europe. The disease is especially prevalent among an immigrant Pakistani community in London. Cree leuco-encephalopathy shares the same gene with a disease that affects a small population in the Scottish highlands. Cree genealogists have traced the disease back to three Scottish fur traders who intermarried with Cree women.

Whatever course Cree health officials chose to recommend to those who carry the gene, the fight against the Cree disease — linking Cree communities with laboratories in Montreal and Europe — is hailed by Dr. Black.

"This couldn't have happened without close ties between the scientific communities and the Cree," she said. "If Bearskin hadn't started the foundation there wouldn't have been any way to mobilize the population.

"It's been a remarkable collaboration. You hear all sorts of horror stories from the past about doctors marching into communities, taking blood, doing whatever they wanted. This wasn't like that. And from here on, the Cree will run the show."

NEWS

Presence Autochtone

by M.J. Milloy

Back in the long, hot summer of 1990, Katsi'tsakwas Ellen Gabriel's face was a regular feature on nightly newscasts as she became the symbol of Kanesatake's resistance to the siege by Quebec police.

Now, 12 years later, it will be her art on display as she headlines the visual arts segment of Presence Autochtone.

"Recently, I have worked on depicting themes drawing upon my own heritage and culture, whether it is from a social and political standpoint or simply observational works," Gabriel says. "By going deeper into their meaning, I realize the world and the people I meet are also part of the culture I explore in my work and that they are also a part of me. Akwe;kon Tetewa:neren (All my relations) is a reflection on these meditations."

Like Gabriel's current work, Presence Autochtone attempts to reflect heritage and culture to a wider audience. Though often overshadowed by other Montreal festivals, the month-long celebration of everything from Indian country and western singers to experimental videographers attracts a sizeable audience of aboriginal and non-aboriginal people.

Once again, the mostly free events will happen in Montreal at east-end Berri Square, the National Film Board cinemas and Le Spectrum, both just blocks away.

In the film segment, highlights include *Qayaqs and Canoes: Native Ways of Knowing*, a look at the boatbuilding traditions of five Alaskan nations; *RepRezEntin'*, a new fictional television series aimed at aboriginal youth; and *Who will sing for us?*, a documentary of the Mi'kmaq of Burnt Church's effort to preserve their traditional fishing rights in the face of non-aboriginal fishermen and the RCMP.

In visual arts, highlights include Gabriel's installation, which will run for the entire month at a west-end gallery, and Cree artist Virginia Pésémapeo Bordeleau's Totemic masks for peace, set up at the First Nations garden.

This year, Presence Autochtone will continue its exhibition of traditional aboriginal crafts in its Berri Square setting, under the title Manikashuna. It will include Mohawk and Ojibwe beadwork, storytelling by Mi'kmaq Bob Bourdon and Abenaki Marge Bruchac, and toy making by Inuit Jason Kunuk.

June 14 will see Berri Square turned into the site of a hoe-down with music from Verne Cheechoo and Karen Pine; Claude MacKenzie, formerly of Innu duo Kashtin; and Bourbon Gauthier.

New Diabetes Treatment

As discussed in your article (May 17), diabetes is a serious concern to the people of Eeyou Istchee. I think you raise a very important point when you stated that "many people underestimate the severity of the disease." That is why it is so important for you to continue to cover diabetes-related stories. Thank you.

You then mentioned a drug called Amaryl as a major breakthrough in diabetes care. Amaryl is from the same class of medication as Diabeta (the small, flat white oval pill) that many people with diabetes take. The only advantage of Amaryl is that you take it once a day, as opposed to Diabeta that you take twice a day. Amaryl has not been shown to be any better than Diabeta, it is simply a newer, more expensive medication. The company that makes the medication will try and convince you that it is better, but that has never been proven.

You mentioned in your article that one person you knew had to take eight pills four times a day. This is unfortunately the case with most people with diabetes. You mention in your article that many people die from diabetes. In order to prevent people from dying from diabetes, it is important to treat more than just the blood sugar. Since most people who have diabetes die from heart problems, it has been proven that treating the blood pressure (usually with 2-3 medications needed to reach the target blood pressure), treating cholesterol, and taking one aspirin a day (for most people with diabetes) will prevent many heart attacks. That is already 4-5 types of pills per day, added on to the 1-3 types of pills used to lower blood sugar and protect the kidneys. Amaryl will not change the reality that most people with diabetes need many kinds of pills.

As you state in your article, physical activity and healthy eating remain one of the most important ways to take control of your diabetes.

Dr. David Dannenbaum
Cree Board of Health and Social Services of James Bay

The North West Company

Dear Sir,

I read your article of May 17 by Marlene Herodier-Bearskin headed "We and our Children are unfairly taxed."

The North West Company owns and operates Northern Stores across the north of Canada including the one in Chisasibi, the locale of your story.

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We hope the new procedures in place cause the least inconvenience to all of our valued customers, including children.

To correct the record, there were no fines imposed on Northern Stores.

Yours truly,
Leonard G. (Len) Flett
Vice-President
Store Development & Public Affairs
Northern Stores

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Cree-Naskapi Commission
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La commission Crie-Naskapie

This is to wish the Cree and Naskapi Nations a

HAPPY NATIONAL ABORIGINAL DAY!

From the Chairman, Commissioners and staff of the Cree-Naskapi Commission.

UN: Address problems of urban Natives

The Permanent Forum on Indigenous Issues should discuss the situation of indigenous peoples living in urban areas, an indigenous representative told the Forum as it continued its review of United Nations activities relating to indigenous peoples.

According to the representative from the Ainu Association of Sapporo (Japan), many Ainu had settled for economic reasons in industrial centres away from their native communities, where traditions were not handed down from the elders. A 1997 law to protect the Ainu culture mostly benefited Japanese scholars, while the Ainu culture was being 'Japanized', a cultural invasion that could be seen as a new form of colonization.

The representative from the Curyung Tribal Council (Alaska, United States) spoke of the inability of the State of Alaska to resolve hunting and fishing rights, and asked whether this new United Nations body could assist in overcoming this impasse. The right to subsistence hunting and fishing was a human right, guaranteed under such international instruments as the International Labour Organization Convention No. 169.

Inupiat stunned by IWC decision

U.S. delegates at the IWC meeting in Japan, including Inupiat officials from Alaska, failed to reverse a ban on subsistance whaling by the International Whaling Commission. The final effort fell one vote short on the 48-nation commission, a delegation spokesman said.

"We were right in the middle of a political football game," said North Slope Borough Mayor George Ahmaogak, a whaling captain and one of the U.S. delegates. "We're very disappointed with the outcome. Where we go from here is something we need to talk about with our U.S. government, but we will continue subsistence whaling on a sustainable basis."

In Barrow, leaders said the diplomatic struggle in Japan won't stop their whaling. "It's a part of our culture and tradition that's been around for thousands of years," said Jacob Adams, president of the powerful Arctic Slope Regional Corp., who is on subsistence leave this week to lead his whaling crew. "Nobody can come around and say you need to stop it because I said so.' "

Hanging in the balance is a well-regarded program of international scientific cooperation and self-policing by Alaska's Inupiat. Eskimos have hunted whales under IWC quotas for 25 years. Bowhead whales are listed as an endangered species. But the Bering Sea population, once feared to be below 2,000 — is around 10,000 and growing, according to the latest census. Under the IWC quota, 10 Alaska villages landed 49 bowheads last year and struck and lost 26 others.

Native fishery program extended

OTTAWA — A federal initiative to bring native communities into the fishery is being extended an extra two years, Fisheries Minister Robert Thibault said Friday. Thibault said the government has decided the program will run until 2006 in an attempt to avoid driving up the price of licences that are being bought out and transferred to native groups.

"If we go through too short a period, it increases the price too much and it puts too much pressure on," Thibault said. "And the timing in which the native communities can absorb that capacity is also because if we turn over too much too fast, by the time the training programs are done it is difficult for them to absorb that capacity at an acceptable rate."

While the program is being extended, no additional federal funding will be provided. Thibault said slowing down the process will allow full participation by native communities in the fishery. "But that will be done in negotiations with them so it is not detrimental to their economic development," he added.

He also hinted that Ottawa may be finding it hard to entice non-native fishermen in Atlantic Canada to surrender licences. "The first licences are a lot easier to buy," Thibault said. "Now we're dealing with people who didn't necessarily want to sell but they will if the price is right."

Reserves threatened by poor water systems

TORONTO - First Nations chiefs in Ontario want the federal government to heed warnings in the final report of the Walkerton Inquiry which they say could prevent a water disaster on a reserve. The Walkerton report noted that 83 reserves across Canada, including 22 in Ontario, have water systems at high risk of contamination. It called those findings "disturbing" and "unacceptable."

Ron Foerster, a lawyer for the Walkerton inquiry, agrees with that assessment. He says First Nations reserves have the poorest treatment facilities in the province, with problems ranging from "inadequate equipment, lack of training for the operators, (to) lack of basic knowledge of how to operate one of these systems."

Local First Nations and the federal government share responsibility for the safety of water systems on reserves. A spokesperson for the Chiefs of Ontario blames Ottawa for the shortcomings. Jonathan Kahn says he wants to see the federal government take quick action to help First Nations communities fix the problems.

"The federal government has to ensure appropriate funding is in place, appropriate training is there to allow for safe water and enough water," said Kahn.

David Donnelly with the Safe Drinking Water Coalition says water safety on reserves has been a long-standing issue.

"There is an epidemic in terms of infant mortality rates on reserves, and I think we should stop blaming it on extraneous factors and get to the real issues and that is 'What role does water quality play'," said Donnelly.

The Walkerton report calls for action on reserves, saying there is no reason people living there should be exposed to lower health standards than the rest of Ontario.

Native water managers to be certified

OTTAWA – The federal government is set to announce new mandatory training and a funding review that will curb "serious liabilities" posed by unqualified staff and aging water plants on reserves.

Indian Affairs Minister Robert Nault told The Canadian Press announcements will come as early as June. "I think it's important for reasons of health that all operators be certified" within three years - possibly two, Nault said. It would be the first time Indian Affairs has made such standards mandatory.

"I think the real issue is that we've never funded the training effectively," Nault said..

Only about 10 per cent of native water plant managers are certified, Nault said. About 700 of 950 operators across Canada have taken basic courses. Indian Affairs will also tighten federal regulations to match the strongest provincial rules, and review whether it's spending enough to attract good staff and maintain equipment, the minister added. "We've had a number of plants that have difficulties because operators just decide that they've had enough and they quit."

The department might set up national training centres, perhaps as part of existing colleges, Nault said.

June 21

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Canada

Pain: The Fifth Vital Sign
By Marni Jackson
Random House,

Marni Jackson's obsession with pain was sparked by a minor mishap. While biking through the mountains in Banff, Alberta, she was stung by a bee in the back of her throat. As she languished in bed nursing her puffy, aching mouth, Jackson – an award-winning journalist and the author of an acclaimed book on motherhood - began to wonder about the nature of pain in all its manifestations. Her book, *Pain: The Fifth Vital Sign*, is a record of her in-depth exploration.

"Basically, it's the written version of my expedition into learning about pain and all its aspects – it's a guided tour, essentially, of what I feel is missing in our understanding of pain," says Jackson.

Jackson's book doesn't talk about pain the way we're used to. When we bring it up at all, we approach it either in purely medical terms, or we communicate metaphorically, in myths, songs and stories. Jackson's book incorporates both these approaches and strings them together bravely, staying faithful to her conviction that the questions are far more important than the answers.

"The book has an episodic structure that readers may not be used to," she says. "But most importantly, the book does not offer any kind of miracle cure, or epiphany on my part that solves the puzzles of pain, because I didn't find one. And in fact, I was never looking for one in the first place."

The result? A net of 33 loosely-woven chapters flung far across the human experience of pain. We meet Bob Flanagan, a sadomasochist dying of cystic fibrosis; a young Toronto street punk suffering from a heroin addiction; the famous nurse Florence Nightingale, who helped invent our present-day medical administration of pain medication; a woman terminally ill with cancer who eschews our medicare system for a rudimentary clinic in Mexico; and Jackson's own, aged parents. We explore hangovers, opiates, barbiturates, cancer, migraines, genetics, acupuncture and various alternative pain-treatment techniques. Jackson's personal anecdotes and shrewd musings cleave uncomfortably to her strident interviews with some of the foremost researchers on pain in the fields of biology, psychology, and neurology.

"If there's one thing I discovered from looking into the medical profession, and the way it relates to pain, is that bedside manner – human relations – makes more difference, by far, than anything else," says Jackson.

For example, one researcher Jackson discusses found that many different treatments for pain were equally effective. "It really didn't matter so much what exact technique was used. Rather, the most important thing is that patients in pain really want to be cared for, more than anything else. Their pain has a story, and they want to tell their story more than anything, and have someone listen to their story."

Jackson is hardly anti-doctor, but she vigorously deconstructs the logic of the one-pill-fits-all fixums we've all been subjected to when we visit the emergency room.

"Don't get me wrong," she says. "The scientific [realm] is full of wonderful, creative minds doing phenomenal work. But there is something missing from the core of their approach, a division which makes them unable to treat the whole person effectively. The medical profession is very wary of this approach to treating pain as a story to be heard, as a narrative that is ongoing, rather than simply symptoms to be controlled or cured. Why take the human voice out of the most human of experiences?" Jackson asks.

"Pain defines who we are, after all. This resistance to a holistic approach to treatment makes me as a [writer and researcher] deeply unsure about science, or at least about the way it is used to understand us right now.

"These ambivalent feelings go back to my upbringing, probably – I was raised very strongly in the [scientific method], and I find it quite cold. An artistic approach, a more narrative way of describing pain, is much warmer and more appealing to me."

Jackson's approach is refreshing for the simple reason that she can't make up her mind. She doesn't dismiss the "doctor cure" completely, nor does she subscribe to the theory that pain is all a matter of attitude. She does, however, refuse the usual divisions between emotional and physical pain, asserting that all pain is ultimately in the mind, no matter where it originates.

"In a way, my exploration of all these myriad aspects of pain is an attempt to re-integrate the split between mind and body, and to close separation between artistic and scientific understanding of pain," she says.

In the future, it's likely that the idea of standardized treatments for pain will seem as quaint to us as the process of leeching a feverish patient to clean his blood. New developments in our understanding of human genetics and DNA, such as the mapping of the human genome, will soon allow our doctors to custom-tailor our pain treatments to our own specific hereditary mapping.

"The idea of administering the same medication to, say, a large adult male and a petite woman is really quite primitive," says Jackson. "Soon, the simple, straightforward aspirin pill will be rendered obsolete. Human beings in pain will instead be able to access much more effective treatments, based on a wider, more holistic understanding of the nature of pain itself."

Jackson hopes, also, that our relationship as humans to our pain will be more complex than a simple "it-hurts, make-it-go-away" scenario.

Our pain exists for many reasons and in many forms, not all of which are simply caused or simply cured. We may put ourselves in jeopardy - spiritually as well as physically - if we approach our pain as a problem to be solved or a switch to be flicked at will rather than as an urgent voice from deep within ourselves, a voice that craves a sympathetic ear.

As the last line of Jackson's book proclaims, our bodies are not our enemies. Rather, they are our closest lifelong friends, and pain is the language of their deepest intimacy.

Partners in development

-Will Nicholls-

It was the first symposium of its kind to hit the north. The "Gateway to Building Economic Channels" drew over 400 people to Val d'Or for a three-day conference June 4-6. It was touted as a way to encourage strategic alliances, business partnerships and to build links with the Cree enterprises and businesses.

The first priority contracts being awarded by Hydro-Quebec to the Crees had Cree and non-Cree businesses lining up for a piece of the action. By the end of the first day you could see little groups forming and others still in networking mode but you could tell everyone was interested.

Some of the workshop rooms were filled to overflowing and some disappointed would-be participants quietly complainied. But no one wanted to disturb the potential brought out by the La Paix Des Braves agreement signed Feb. 7 by the Cree and Quebec.

I have never seen so many smiling faces in one room. There was a quiet determination that those of northern and mid-Quebec would benefit this time around. Billy Diamond lamented the loss of revenue by Crees and northern businessmen during the La Grande project. It was a feeling shared by many.There were workshops on construction, financing and partnership structures, the Cree structural organization and Cree entities, ground and aerial transportation, human resources development and training, and two on natural resources (forestry, mines and the environment).

To make sure no one was too overworked, a part of the second day was set aside for a round of golf. I didn't see if it was raining but I did spot a few people hurrying off to the course.

The Val d'Or Friendship Centre organized a spectatular banquet with a show featuring the 11 First Nations of Quebec.

Opening Speech by Grand Chief Dr. Ted Moses

Good morning and welcome to this conference. I want to welcome my co-chair, the honourable Mr. Fernand Trahan, Mayor of Val d-Or, and Mr. Jean St. Gelais, General Secretary of the Executive Council of the government of Quebec. Greetings and welcome to everyone from the business community, from government and from industry. I also extend my greetings to the Chiefs and representatives from the nine Cree communities as well as the other aboriginal communities, and the executives from the Cree entities and Cree enterprises. Finally, my special acknowledgement to Mr. Abel Bosum, the Grand Council's senior negotiator with the Government of Quebec.

This conference is a "first." We have never done this before. In a way it is strange that this is so. We have been here in this region and in this community for well over 25 years. We have been living in this territory for thousands of years. The Cree presence in the region has had a major economic and social impact since we first set up offices here in the 1970s. Yet we have never formally recognized or examined our impact or engaged in any kind of planning with the business community to promote our common interests. I think everyone will agree that it is certainly time that we did so.

I have referred to our "common interests." Until recently, there were those who doubted that we have common interests. We were two communities living in proximity, but somewhat estranged. Of course, we have always had friends here, and I think we have always been taken seriously, but the potential of our economic impact was not really understood, outside of the realization that lots of Crees went shopping before Christmas, and that there were a number of communities to the north that often depended upon services that came from this region.

The idea that there could be a partnership with the Crees, or that our economic interests were really linked in some fundamental way was far from obvious. There were disconcerting instances of racial discrimination and prejudice, and a general failure to recognize that the Crees might possess any kind of real expertise that could have application in the region.

This has now changed. How can we account for what has taken place? My own personal view is that reality and pragmatism has overwhelmed all of the suppositions about Indians. You have seen, first hand, the Crees in action for about 28 years. You have come to appreciate our power and political unity, our sense of nationhood, and our deep dedication and respect for this land.

In 1975 we signed the James Bay and Northern Quebec Agreement with Canada, Quebec, and Hydro-Quebec. The Agreement was a blueprint for the future, and a solemn promise from the governments and their Crown enterprises to invest in the community and economic development of Northern Quebec. That was the plan. That was also the commitment. Anyone who has read Mr. John Caccia's introduction to the official Quebec edition of the James Bay and Northern Quebec Agreement knows how very true this proposition is.

The great problem is that when it came to economic and community development, the governments lost interest. As a consequence, instead of directing the energy of the Cree Nation into the real work to be done—into the development of our communities and the economic stimulus for northern Quebec, we

entered into a period of struggle to force the governments to live up to their word.

What a waste; but we had to do it. And it wasn't all done through fighting. We built our communities anyway. We did economic development anyway. And here is where the people in this region have helped, because we wanted people to understand that it was not just the Crees who were being left out of the picture. Yes, we contributed to the economic vitality of this region. But how much more we would have been able to do if those commitments had been respected from the start.

You understand that we have a common interest and that the governments and the regions and the people all benefit from the investments that are made here for community and economic development. I am not talking about pouring money in and hoping that development happens. I am talking about building viable communities with sound infrastructures—permanent development which produces permanent jobs and strong communities.

In my view that is what has changed now. We have a premier in Quebec who is not full of old, outdated suppositions. He takes a pragmatic view. He knows that the future of our peoples is joined. And this is not a political strategy—it is a strategy for a viable future. It remains true, no matter what your political affiliation may be.

Ladies and Gentlemen. Let's see what we can do together. That is my theme for this conference: Let's see what we can do together. Welcome to this conference. Thank you.

Interview with Val d'Or Mayor Fernand Trahan

The Mayor of Val d'Or is the kind of outspoken politician media adores. I was twice told this about the father of four. He likes to say what is on his mind and makes no bones about it. Along with the Grand Chief he was one of the co-chairmen of the conference. His son manages the L'Escale Hotel, a family business, as Trahan says he now takes care of Val d'Or and the north.

The Nation: What do you think of the symposuium?

Mayor Fernand Trahan: This symposium is something that Ted (Moses) and myself wanted to do before. But it was too hard to do before. Human relations always begin with common interests. Some Crees who have an interest to join with us. Us, we have some people have an interest in the past.

But with the signatures on the Paix des braves, it is a real peace. So the people from the south (ie. Val d'Or region) have another view of the Crees than just the lawyers suing everyone and everything. This wasn't good for relations. This was a climate that wasn't good for the province. So people like me, when I was working up north trying to do something in infrastructure, health, education or something like that I had to work in the background. It would be like "those Crees" and this and that saying "they're troublemakers." The government was in the back of that. You remember the ambassadorship of Ted in the United Nations saying that the Crees were discriminated against.

So it was hard to catch the hearts of the Quebec people. Now with the Paix des Braves everything has changed. Now the Crees are a real government, a nation accepted by the government of Quebec.

It's not accepted by the federal government. You know the Crees are now going to have problems with the federal government because the Paix Des Braves is so high that it's an example around the world of what can be achieved. The federal government now says, "Well, we have other Native communities around the country. If I agree to this agreement I will have to agree to it all over Canada." It's their problem.

But Quebec did something wonderful. I think this agreement will be one of the highest points in Bernard Landry's life. We always remember the prime ministers who do something special for their people, all the people. Jean Lasage did the [Quiet Revolution]. Robert Bourassa started James Bay. We remember that. Bernard Landry did the peace for the north and we'll remember that for all time.

The situation now is different so it is easy to do what we are doing now [the symposium].

It was a dream for Ted and some Cree chiefs for a long time to do this but people from both sides were not ready to do that before. Now it's a new start.

There's the Cree consortium and I guess there's one for northern Quebecers.

Myself I don't want so much another consortium but rather to give a recipe to the people, the know how or a package that says if you want to be a partner with each other then this is how to do it. It has to be done with respect to the political decisions of the Cree Nation. If the Crees want to keep trees up then that's it and that's all. If they want to cut it then that's it and that's all. It's up to us to offer something and see what the decision is.

One example is the fiscal treatment that is different for the Crees and us in income tax and this or that. You may ask how can we make a partnership? We have to give the recipe or the way to join forces. This is why this symposium is important. Most important is the followup. We need a sectretariat where the Crees can arrive and say we need this and where can we find someone who is interested? Us, we'll have to find that person.

We don't want a situation where some businessmen arrive in Chisasibi and say do you need some painters? We need a secretary who will help us to continue with a common vision because this symposium will be over but the work will continue.

We need something to allow us to continue talking to each other. This was where we made our mistakes in the past.

So you see this as a new relationship with the Crees?

Yes, it's a new and real relationship. In Val d'Or, we haven't arrived yesterday. Some region from the seventh of February (Signing of the Agreement) know the Crees. "Oh, there's something there. I'm going to join partners with them."

Us, in Val d'Or, we've been here over 30 years. In the past when there was no roads and just aircraft. When Crees first

came here it was the late Chief Josie Sam from Chisasibi. It was because the Indian Affairs was in Val d'Or. So it started there and then there was students coming here like the chief of Eastmain Edward Gilpin. In the past my father owned the Continental Hotel and in the back was the Indian Affairs office. We made business with Indian Affairs and all the Crees who were coming down. So when students came down for school they stayed at the Continental Hotel. It was us who took care of those students including meals. So it started with education and business like skidoos.

After when James Bay started Val d'Or became more important. There was no infrastructure in the communities, a lot of the Cree institutions were here, the Grand Council/CRA, the Cree School Board and whatnot had all there head offices here. Air Creebec started here and that was how our relationship was going. Later, the infrastructure changed and the head offices of the Crees moved to the communities.

But our relationship continued through tournaments and meetings. We have people here in Val d'Or who make business or work for the Crees. So we feel we have a strong connection with the Crees.

In Val d'Or and in Quebec we are not perfect. But I think we in Val d'Or have people who are more ready to accept the difference between our peoples. Because in one hundred years Crees will still be Crees and we will always be white people from the south. Crees are a minority and it is hard to be a minority. Each place in the world has different culture and racism exists in each culture. But we are getting better. In Val d'Or we have over 500 Crees who live here permanently. There are students and people who work here. So the relationship if we take of it will be better year by year.

I think these things show that Val d'Or is poised to be the partner of preference of choice for the Crees.

Excerts from a speech by Billy Diamond

In 1975, The Cree Nation of Quebec signed the James Bay and Northern Quebec Agreement which was supposed to solve all our problems, it allowed the Cree Communities to develop in their own image, provided for a strong booming Cree economy and allowed for the peaceful and responsible development of the North, respectful of the Cree traditions, interests and rights. Further it allowed for the people of Quebec and my people to come to understand one another....

The expectations of all the signatories to the James Bay and Northern Quebec Agreement were high and we had to face the reality that they have not been met. Therefore the JBNQA always set the agenda. It established the level at which Cree Rights, benefits, and interests would be regarded.

That is why the New Agreement Concerning a New Relationship Between the Government of Quebec and the Crees of Quebec was necessary. This New Relationship Agreement is a continuation of nation building at the table of negotiations and in nation building there is an empowerment of a people. It must be accomplished in nation-to-nation negotiations....

I have renewed expectations as result of the New Agreement with Quebec and in particular the Nadoshtin and Boumhounan Agreements that I had negotiated with Hydro Quebec.

First, nation to nation... These three words demonstrate that the Quebec government recognizes that the Cree will not go away or be assimilated and disappear into the cities of Quebec. You cannot work with a people or come to understand them until you recognize what form they take, otherwise instead of talking to them all you are doing is talking at them...

With the two hydro projects that are contemplated in the Nadoshtin and Boumhounan Agreements, the construction of the EM-1 Reservoir and the examination of how to realize the EM-1 A/Rupert River Diversion Project, we have a test of our respective commitment to this new relationship. Only if we able to proceed with these projects while respecting the Cree Way of Life, Cree Rights and Cree interests we will pass the test.

In light of the history between our peoples we must be realistic about the work that lays before us if we are to realize the expectations of the Cree or Quebec.

The ambitious degree of cooperation that will be required for the two hydro-electric projects is enormous. There is so much work to be done that we will run out of Crees in Quebec and we will have to import Crees from Ontario and Manitoba and Saskatchewan!

This is not a hand out. This is not a welfare line. This is not a revenue-sharing scheme. This is not a profit-sharing scheme.

It is the Cree receiving the value of natural resources on their land. The way this was achieved and the manner with which work is proceding is a demonstration of self-government.

IMPLEMENTATION:

HQ Service Agreements with the impacted Cree communities. Crees will have input into HQ studies for the feasibility phase of the project. Have the opportunity to affect terms of reference. The on-the-ground work is carried under the supervision of the trappers and tallymen.

Crees will be paid for their time. Trappers are receiving amounts equivalent to that of a consultant.

THE FORMULA:

Severely misunderstood by everyone, $3.5 billion is an unrealistic minimum - to reach that would require there to be no inflation for the next 50 years. It is based on the increase in value (not quantity) of natural resources extracted from our territory in mining, forestry, hydro-electricity:

1. The formula does not require the Cree to consent to increased development for the annual contribution to be raised. Even if hydro-electric production is reduced or remains the same, the annual contribution can still go up with an increase in electricity prices. The U.S. price is taken into account.

2. The factors taken into consideration is the market value of minerals, electricity, and wood.

3. Cree can profit twice from natural resource development they undertake. Once as entrepreneurs making money through commercial transactions and a second time through an increase In the value of the natural resource production which they have contributed to.

What exactly we expect to do:

• The construction of the EM-1 reservoir with $300 million in related contracts reserved for the Crees. This is not welfare. We must deliver competitive prices and work to Hydro-Quebec.

• The examination of the EM-1 A/Rupert River Project, together. That means the coordination of expertise between Cree trappers and Hydro-Quebec experts.

• The possible construction of the Rupert River Diversion project with $290 million in contracts undertaken by the Cree.

• The designing and carrying out of hundreds of millions of dollars in remedial works, jointly, such as weirs, goose ponds, fish-spawning sites and so on..

• Jointly monitoring and protecting 800 square kilometres during construction periods so that the wildlife is disturbed as little as possible by the influx of workers.

Numbers on 10 Year Estimated Value of what was signed:

Funds for participating in management in forestry: $6.9 million.

Funds set aside to help Cree enter mining exploration industry: $3 million.

Funds for section 28 (General Funding): $685 million.

Funds for regional Cree Police Force: $22.5 million.

Funds for Cree Conservation Officers: $15 million.

Funds for specific community projects (MOU): $80 million.

Funds for remedial works of past projects: $34 million.

Funds for employment in hydro-electric industry: $34 million.

Funds for development of Cree Fisheries and health related issues: $26 million.

Boumhounan and Nadoshtin: $74 million.

Estimated amount of contracts: $850 million.

Cree can still bid on $1 billion worth of contracts.

Small projects on table: one worth $500 million.

Commissioning contracts: $45 million.

This is not just a money agreement. We have secured many environmental and social guarantees:

• Cree participation in environmental studies and design of project.

• Section 22 Environmental and Social Impact Assessment.

• Conservation measures for project area. Non-native workers will be subject to Cree wildlife regulations and monitored by Cree Conservation Officers.

• Lakes and rivers protected under Boumhounan.

• No more NBR! Which is economically viable now (we have the numbers).

• Protection of wildlife habitats.

• Protection of the Rupert River (weirs - minimum of 12 at the expense of HQ designated in concert with the Cree and constructed by the Cree)....

These challenges, like all challenges, create opportunities. What we have here is an opportunity for Quebec to learn from the Cree. So long as our rights and interests are protected and we are allowed to benefit from our natural resources we are willing to share our expertise.

In these recent negotiations we have demonstrated that our participation and expertise is a necessity when contemplating the exploitation of natural resources. The original project design of the Rupert River Diversion by Hydro-Quebec called the Cramoisy variant had the diverted river passing over strategically important land to the community of Nemaska. Through consultations with Cree trappers who spend their lives on the land being considered, Hydro-Quebec was shown how to redesign the project and reduced the amount of land to be flooded by 50 square km....

The expectations that I have of these agreements that we have signed between our people is high. Hopefully when everyone will recognize the potential benefits to our respective nations the agreements will become self-fulfilling prophecies.

Thank you and meegwetch!! There, I have spoken!!

An interview with Edith Clouthier of theVal d'Or Native Friendship Centre

The Nation: So how did you feel? I know the Friendship Center was asked to play a small role and that grew larger?

Edith Clouthier: I think it's one of the roles of the friendship centre here in Val d'Or. We've been established for over 30 years and the credibility of the centre has grown over time. We were actually very happy to be asked to participate because this is a Native organization and they wanted to work on partnerships. They wanted to create this event where you begin in your own backyard. You start with your own organizations and so it was a natural thing to demonstrate that that could start right here in town. Then we could facilitate those types of events and partnerships.

How much work was it organizing the banquet and bringing in all the artists, dancers and singers?

It requires a lot of time and efforts but we have a lot of people we can count on in the centre. Our philosophy is that when we create an event everyone chips in because it's how we work. Fortunately, we have a lot of staff and people put their hearts into it because people are proud of the friendship centre and the results of any project or event we organize. It's a collective success for us.

Do you see yourself doing a lot more of this in the future?

Well, don't ask me that question the day after [laughter]. Actually, we are used to organizing like this. We have a way of working that makes it easier over time. It's a lot of work but being well organized and being used to putting on large events is nothing new to us.

You are doing so much with this friendship centre. I've noticed you are doubling your space, adding to the daycare and all that. That must add considerably to the workload?

It adds to the workload but with those programs we are able to hire new people and one of our philosophies is to hire Native people. There are a lot of talented Native people out there and when we develop new services or programs we try to make sure that we have enough human resources to be able to give a quality of service. You can develop services and programs all you want but if the quality isn't there then the people can't benefit to its maximum. For us it's very important that we evaluate the impacts of the results and our capacity to provide quality and to look at the needs of the people.

Congratulations to all of our CEGEP Graduates

We are so proud of you !

Educators in Native Childcare Services Classes of 2000-2001

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THANK YOU to all of our Partners in this Great Success:
Cree Local Management Board – Cree Human Resources Department (HRDC) • Cree First Nations – All 9 Communities
All Cree Childcare Centres • Comité sectoriel de main-d'œuvre (Government of Québec) • Emploi Québec • CEGEP de St-Félicien

CHISASIBI
Instructor: Jackie Hyman; **Graduates:** Alice Bullfrog, Margaret Cox, Loretta Gilpin, Leanne Emily Head, Annette House, Karen Matches, Carmen Napash, Maudie Neacappo, Clara Pachano, Juliette Potts, Tina Stewart, Farrah Wylde; Participant:Madeline Snowboy

WHAPMAGOOSTUI
Instructor: Myra Turnbull; **Graduates:** Brenda Atchynia, Sarah Atchynia, Valerina Bullfrog, Diane George, Linda George, Louise George, Harriet Kawapit, Kathleen Kawapit, Mina Kawapit, Rachel Kawapit, Charlotte Kowapit, Jennifer Mark, Nellie Masty, Patricia Masty, Jeannie Natachequan, Mary Rupert.

WEMINDJI
Instructor: Christine Stocek; **Graduates:** Ruby Asquabaneskum, Joanne Atsynia, Alice Blackned, Berverly A Georgekish, Mary Lou Georgekish, Charlene W.Gilpin, Valerie Gilpin S., Kathleen Ratt Vaillancourt, Betty Stewart

NEMASKA
Instructor: Pascale Roy; **Graduates:** Marlene Jolly, Rebecca Jolly, Sherry-Ann Louttit, Joy Dawn Meskino, Liza Neeposh; Participant: Kevin Jolly.

EASTMAIN
Instructor: Johanne Cheezo; **Graduates:** Elenor Gilpin, Edna Mark-Stewart, Nathalie Mataham, Bessie Mary Mayappo, Charlene Mayappo, Patricia Anne Moses, Sally J Weapenicappo; Participant: Shelley Ann Shanoush.

WASWANIPI
Instructor: Patrick Bourdeau; **Graduates:** Charlotte Bosum, Tanya Cooper, Evelyne Dixon, Helen Gull, Lillian Gull, Gloria Hunter, Anne Marie Icebound, Heather Kitchen, Sabrina Mark, Judy Nakogee, Cynthia Neeposh, Andrea Otter; Participants: Annie Trapper, Linda Gunner.

OUJE-BOUGOUMOU
Instructor: Joan Brackenbury; **Graduates:** Micheline Bosom, Mina Rosa Bosom, Sonia Evelyn Bosom, Tina Cynthia Bosum, Olivia Couchees, Christina Ann Howson, Mary Helen Mianscum, Ruth Shecapio Blacksmith, Sophie Anne Shecapio Blacksmith.

MISTISSINI
Instructor: Aline Elie; **Graduates:** Elizabeth Blacksmith, Nellie Blacksmith, Hattie Brien, Eva Coon Come, Judy Coon Come, Loraine-C.Coon, Laurie A Coonishish C., Linda Mary Etapp, Elizabeth S Gunner R., Celina Mabel Jimikin, Christine Joyce Jolly, Demerise Loon, Jennifer A.Trapper; Participant: Mary Sally Gunner.

WASKAGANISH
Instructor: Lori-Ann Paige; Graduates: Georgette Katapatuk, Ethel Katapatuk, Anita Kitty, Charlene Weistche, Charlotte Weistche, Bernadette Katapatuk, **Participants:** Lorraine Jonah, Lorna Moar.

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The Cree Board of Health & Social Services of James Bay

The Cree Board of Health and Social Services of James Bay is responsible for providing health and social services - for all 14,000 Cree and non-Cree residents in the nine Cree communities of Eeyou Istchee. As a Regional Board with multi-Establishments (CLSCs, Youth Protection/CSS, Hospital, Patient Services, a Reception Centre and Group Homes) and a Public Health Department, this is through a budget of $50 million dollars and 425 employees. The CBHSSJB is Region 18 of the MHSSQ Network and operates in accordance to Section 14 of the JBNQA. We are looking for an...

Executive Director

The Role

- Responsible, under the authority of the Board of Directors, for the administration and operations of the Cree Board of Health and Social Services of James Bay;
- Ensures that the resolutions of the Board of Directors are carried out, and submits all necessary items to the Board of Directors for its approval;
- Ensures the planning, organization, coordination, implementation, evaluation and controls for the quality and accessibility of all the client-centered and community-based services and programs provided to the population, as well as the human resource development activities to support these goals;
- Ensures the effectiveness and efficiency of human, financial, material and information resources systems to support the goals of the organization;
- Carries out all the duties inherent to the position or requested by the Board of Directors.

The Challenges

- Integrating the Eeyou Nation Vision Statement on Health and Social Services into the intervention philosophy and objectives of the organization, and its services, administration and operations;
- Implementing an Eeyou Nation wholistic approach to health and well-being according to Cree values and Traditional healing practices;
- Planning and managing the development of new services, programs, departments and capital projects, as well as the enhancement of present services;

Profile

- A leadership style which encourages participation and commitment to organizational objectives, and the valuing of the contribution of the staff;
- A leader with excellent communication and people skills;
- A strategic vision of organization, and sensitivity to changes in the needs of the environment;
- A highly developed decision-making capacity and experience in change management;
- A management approach focused on effectiveness, and tangible results;
- A proven record of exceptional organizational performance;
- Ability to maintain excellent relationships with partner organizations.

Requirements

- Masters Degree in Administration, or a Masters Degree in a health or social services discipline, or equivalent knowledge and experience to a Masters Degree in Administration, and five years experience in Executive or Senior Management;
- Fluent in English, and a working knowledge of Cree and French are assets;
- Knowledge of First Nation health and social service issues, practices and trends, as well as postcolonial issues;
- Knowledge of the Cree Language, Cree Culture and Cree milieu are valuable assets;

Based in Chisasibi, the remuneration and social benefits are according to the policies applicable to (hors cadre) administrators in the MHSSQ network, and the Cree Board of Health and Social Services of James Bay (class 23, under revision). In addition to the usual fringe benefits, the employer provides the housing, defrays the moving and storage costs, and; provides 3 or 4 trips per year to the point of hiring, for employees recruited further than 50 kilometers. There is a northern allowance of $6,640 or $10,622.

If you are interested in leading the continued development of our dynamic organization, please forward a covering letter and curriculum vitae by mail, to be received by 5PM on **June 18, 2002** to...

Chairperson of the Selection Committee for the Executive Director
Cree Board of Health and Social Services of James Bay
P.O. Box 250
Chisasibi, Quebec
J0M 1E0

For confidentiality purposes, CVs sent by fax or email will not be accepted. Information about the position may be obtained by calling Marie Andrée Bourdeau, Head of Human Resources Management – Interim at (819) 855-2844. We thank in advance all who apply.

WILL ON THE GRILL

by Will Nicholls

Well, if you haven't done it already, it's time to get out the BBQ and clean it off. It is always one of my favourite ways to cook in the summer. It seems to get so hot in the kitchen when you turn on the oven and I'd rather feel a cool breeze and the sun shining down on me. For you ladies out there, suggesting the BBQ is a good way to get a little break. Men seems to consider themselves the only ones competent to handle the BBQ for some strange reason. Perhaps it is because all the guts of the BBQ are there to see, but whatever the reasons it is a good excuse to get out of the house. Don't forget that if you have some recipes you would like to share with people, feel free to contact me. My email is: nation@beesum.ca or phone me at 514-272-3077 or fax me at 514-278-9914.

Dream Chops

I experimented and was pleasantly surprised at the taste. My dinner partner couldn't stop raving about the taste. I served this with the Simple Avocado Salad. The two tastes went well together, especially with the home made Sangria.

4 pork chops
1 tsp liquid Smoke Hickory flavoured
3 tablespoons teriyaki sauce/marinade
1/ 2 teaspoon white pepper
1 teaspoon oregano

cut fat off of pork chops while preheating BBQ grill to a medium heat mix liquid smoke, teriyaki sauce and oregano. Spread evenly over pork chops.
Sprinkle white pepper over pork chops
Grill on BBQ until brown.

Burgundy Fillet

This one is great but takes a little time to prepare. It is not for the novice but the end result is worth it.

1 quart Burgundy wine
1 1/2 cups canola oil
1 1/2 cups soy sauce
2 cups oyster sauce
1 tablespoon minced garlic
1 1/2 teaspoons dried oregano
6 large cuts filet mignon
1 stick butter, softened
1 teaspoon Burgundy wine
1 tablespoon minced shallots
1 tablespoon minced green onions
1 teaspoon ground white pepper

1. In a medium saucepan, combine 1 quart Burgundy wine, oil, soy sauce, oyster sauce, minced garlic, and oregano. Bring to a boil, and then remove from heat. Refrigerate until cool.
2. Place fillets in a 9x13 inch baking dish, and pour the cooled marinade over them. Cover tightly, and refrigerate for a minimum of 5 hours.
3. In a medium bowl, cream butter and 1 teaspoon of Burgundy wine for taste and color with a hand mixer. Mix in shallots, green onions and white pepper by hand; cover tightly, and refrigerate.
4. Preheat grill for high heat, or preheat the oven to broil. Barbecue or broil marinated fillets to taste, turning once. Set aside.
5. Set oven to 200 degrees degrees. Place filets in a clean 9x13 inch baking dish; add a dollup of Burgundy butter to the top of each filet, and place in 200 degree oven for a minute or until butter is melted. Serve.

Cajun Rib-eye Steak

Something a little easier and the taste is sensational.

1 cup vegetable oil
1 onion, thinly sliced
1 tablespoon garlic powder
1 tablespoon plus 1/2 teaspoon black pepper
3 16-ounce rib-eye steaks

1 tablespoon paprika
1 1/2 teaspoons cayenne pepper
1 teaspoon salt
1/2 teaspoon white pepper

1. Combine oil, sliced onion, garlic powder and 1 tablespoon black pepper in 13 x 9 x 2-inch glass baking dish. Add steaks to marinade, turning to coat. Spoon half of sliced onion evenly over steaks. Cover and refrigerate overnight.
2. Prepare barbecue (medium-high heat) or preheat broiler. Remove steaks from marinade.
3. Combine paprika, cayenne, salt, white pepper and 1/2 teaspoon black pepper in small bowl. Sprinkle each side of each steak with 1 teaspoon spice mixture.
4. Grill or broil steaks until cooked through, about 8 minutes per side for medium-rare. Cut each steak in half. Divide steaks among plates; serve.

Salsa Burgers

2 pounds ground beef
1/3 cup pincante sauce (mild or hot to your liking)
1/3 cup (1 1/3 ounces) shredded Cheddar cheese
1 teaspoon pepper

1. Combine all ingredients in a large mixing bowl. Form mixture into 6-8 patties.
2. Layer patties in some aluminum foil and refrigerate to firm them up.
3. Broil, grill or bake to taste.

First Peoples' festival 2002

JUNE 10 TO 21

www.nativelynx.qc.ca

Festival info : (514)573 - VUES

Film screening in Kahnawake at the Kateri Hall
June 12-13-14 6:30 PM - Free admission

AKWÉ:KON TETEWÁ:NEREN, recent paintings by Mohawk artist Ellen Gabriel
Art N.D.G 5800, Sherbrooke Street West

Workshops and presentations of authentic ancestral craft techniques
Émilie-Gamelin Park, Berri-Uqam Metro, corner of Berri and Ste-Catherine

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The Cree School Board would like to wish everyone a

Happy Aboriginal Day!

Attention summer students!

Looking to join an innovative & interesting team?

Beesum Communications and the Nation will be hiring 2 students for a summer stage.

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Beesum Communications/Nation magazine

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Fax: 514-278-9914

E-mail:
linda@beesum-communications.com

see you soon!

LES MINES
INMET
Inmet Mining Corporation
Troilus Division

Posting #187

PREVENTION ADVISOR
(Human Resources)
(permanent)

The Troilus Division is presently searching a Prevention Advisor (Human Resources) to join their young and dynamic management team. The Troilus Division is a gold and copper open pit mine with a mill capacity that has been upgraded to 15,000 tpd. The mine site is located at 175 km north of Chibougamau by way of the "Route du Nord". The selected candidate will work on a 4/3 schedule (4 days of work, 3 days off) and will be lodged at the site's first quality camp.

Required qualifications :

Possess a college degree in industrial safety or the equivalent. Possess two to five (2-5) years of pertinent experience in safety and health in an industrial environment. Possess a good knowledge of the Québec Safety and Health law. Have an excellent computer knowledge with : Word, Excel, and Access. Have a good knowledge of French and English (spoken and written). To possess good skills in interpersonal communication is a major asset. Hold a valid driver's licence. Have experience in a multicultural environment is an asset.

Main responsibilities :

- Give support to the Safety and Health Coordinator in the prevention of work injuries;
- Work out safety procedures, inquiries and inspections;
- Improve and create prevention tools to facilitate the management of safety and health;
- Analyse and adjust the prevention activities (inquiries, inspections, etc.) prepared by the management;
- Intervene as a resource person in industrial safety and health activities;
- Intervene as member and secretary to the safety and health committee;
- Give general training in safety and health;
- Performs other related duties.

Particularities and remuneration

Inmet Mining Corporation offers a competitive salary. The position is addressed to men and women. Inmet Mining Corporation encourages the hiring of Crees and thanks all applicants for their interest, but advises that only those selected for an interview will be contacted.

Those interested are to send their Curriculum vitae, not later than **July 6, 2002** to :
Human Resources Department
Inmet Mining Corporation
Troilus Division
P.O. Box 8700
Chibougamau (Québec)
G8P 3A9
troilus.rh@inmetmining.com
Fax : (514) 521-8376 / (418) 748-3033

Spicy Creole Shrimp

These peel-and-eat shrimp are great fun. .
1 teaspoon paprika
3/4 teaspoon pepper
1/2 teaspoon salt
1/2 teaspoon garlic powder
1/4 teaspoon dried oregano
1/8 teaspoon onion powder
Pinch of cayenne pepper
Pinch of dried thyme
28 uncooked large shrimp, shells intact
7 tablespoons chilled unsalted butter, cut into 1/2-inch pieces
3 tablespoons Worcestershire sauce
3 tablespoons fresh lemon juice
2 teaspoons chopped garlic

Hot French bread

1. Combine first 8 ingredients in large bowl. Add shrimp and toss to coat.
2. Melt 3 tablespoons butter in large skillet over medium heat. Add Worcestershire sauce, lemon juice and garlic; sauté about 2 minutes until garlic is tender.
3. Add shrimp; sauté about 3 minutes until opaque in centre.
4. Add remaining 4 tablespoons butter; stir until melted.
5. Transfer shrimp to large bowl. Pour sauce over shrimp. Serve with hot French bread for dipping.

Serves 4 as an appetizer or 2 as a main course.

Simple Avocado Salad

I do this one all the time as it is easy to make and great tasting.
2 avocados
1 English cucumber
2 sweet red peppers
1 head of broccoli
balsamic vinegar dressing

1. Scoop out avacodo and cut into large chunks. Toss into salad bowl.
2. Wash all other veggies and cut into chucks. Toss into salad bowl.
3. Pour balsamic vinegar dressing over veggies and toss veggies to mix well.

Reasons Why I'm Cool

Use two small coolers — one for fruit and beverages, which will be opened frequently, and one for such perishables as meats, poultry, salads, sandwiches, and cheese.
Chill food thoroughly in the refrigerator or freezer before placing in cooler — the cooler cannot chill foods that aren't already cold.
Use store-bought ice packs, or make your own: Freeze juice boxes, or fill milk cartons or plastic bottles with water (leave 1-inch headroom at top to prevent bursting; fold carton over to close, or place cap on bottle before freezing).
Pack perishables right next to ice packs. Keep fruits and delicate veggies like lettuce away from ice to prevent bruising and "freezer burn."
Fill cooler to the top (if necessary, add ice cubes or other cold nonperishables to fill space) — a full cooler keeps food cold longer than a partially filled one.

Internal/External Posting
JOB OPPORTUNITY

The Waspshooyan Childcare Center is seeking to fill the following position for:

Director

All interested applicants should submit a resume to:
Michelle Robert
Waspshooyan Childcare Center
15-Wastawskootaw
Ouje-Bougoumou, Quebec
G0W 3C0

The deadline for applicants is:
June 20th 2002
For more information,
call Annie Dixon or Lisa St-Pierre at
The Childcare – (418) 745-2526
Thank you.

DIRECTOR'S JOB DESCRIPTION

DUTIES

Under the supervision of the Board of Directors, the director of the Childcare Center exercises all duties related to the planning, organizing, supervising and control of the center's programs and resources. The director will ensure that the Childcare Center operates efficiently, in accordance with the educational philosophy, policies and objective established by the Board of Directory, the parents of the children attending the center and within the specifications of the *Act Respecting Childcare, Ministere de la Famille et de l'Enfance and its regulations.*

TASKS

Relationship with the Board of Directors

- Collaborates with the Board of Directors in establishing objectives and guidelines for the daycare center.
- Implements the Board of Director's decisions and applies them in the spirit in which they were intended. Takes part in Board meetings and assists in their preparation.

Supervision of Staff

- Coordinates the activities related to the recruiting, the selecting, the hiring and the dismissal of personnel. The director applies the human resource policy adopted by the Board of Directors.

Pedagogical Supervision

- Oversees the holistic development of the children attending the center.
- Supervises the activities of the center in order to create an environment that will ensure the children's well-being.

Supervision of Financial and Material Resources

- Collaborates with the Board of Directors in the preparation of the budget.
- Administers and controls the center's budget and keeps the Board of Directors regularly informed.
- Performs accounting tasks: entries in books (General Ledger, Accounts Receivable, Accounts Payable, Payroll, T4's, bank deposits, etc.), reconcilliation of statements, interim financial statements for the Board, etc.

QUALIFICATIONS AND REQUIREMENTS

- Experience in planning, organizing, directing and controlling an organization.
- Experience and education in early child care education, with a thorough understanding of child growth and development and of age appropriate activity programming.
- Ability to build strong, positive relationships with parents, children and employees.
- Capable of speaking in Cree and English, knowledge of French would be an assest.

SALARY

To be determined upon experience and education level.

MUNICIPALITÉ DE LA
Baie James

You're northernly welcomed!

We have installed an exhaustive network of touristic infrastructures for your enjoyment. Contrary to common belief, these premises are not financed through your hydro bill or gasoline taxes. This is why the Municipality would very much appreciate your support in order to maintain and improve these great services (suggested contribution: 5,00$/day).

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For Inquiries: (819) 739-2030 #225

The Council and staff of the Cree Nation of Waswanipi wish the people of Waswanipi and Aboriginal people everywhere a

HAPPY ABORIGINAL DAY

Dealing with Homelessness

Xavier Kataquapit

Homelessness is a big problem that most people recognize as taking place only in large cities. I never could imagine someone in a small town being without a home or a roof over his or her head. In remote Native communities this is almost impossible as everyone is related to one another in some way and are able to find friends or family to take them in. Like most people I always thought homelessness was a problem that affected other places where there are more people, such as in big cities where there are more chances that this can become a reality.

Recently I learned from a friend of mine, Peter Sackaney, the Homelessness Coordinator for the Kapuskasing Friendship Centre, that people living without a place to call home do exist in small northern Ontario cities and towns. He explained to me that in the town of Kapuskasing people without homes are usually people going through many changes in their lives. There are those who are making the move to a new town and have to go through a period without a home before establishing themselves in the community. Some people are transient individuals or travellers who can not afford lodging for a night but want to move on the next day. People who are homeless sometimes don't seem to fit into that category, they sometimes end up with a roof over their heads but not really a place to call home.

Many Native families live in small towns in northern non-Native communities and have family members staying with them. These family members are from remote First Nations and are making the move to start a new life away from home. Although these family members are sheltered they do not have a place to call their own and sometimes create situations where too many people are living in one home. Sharing a home with other family members is part of the First Nation culture because it is a form of survival for my people that came from the traditional lifestyle on the land. Although sharing one's home with others is still practised by many Native families today, too many people in one home can cause difficulty and stress for everyone.

To deal with these situations, the Kapuskasing Friendship Centre has taken the initiative to develop a new homelessness shelter in the town of Kapuskasing. On Wednesday June 5, 2002 the Kapuskasing Friendship Centre held a grand opening for a new building in Kapuskasing which has been designated as a new homelessness shelter for Native and non-Native individuals and families. Peter is the coordinator of this new initiative to help people find the assistance they need. The new shelter has already been open for a month because of the current demand.

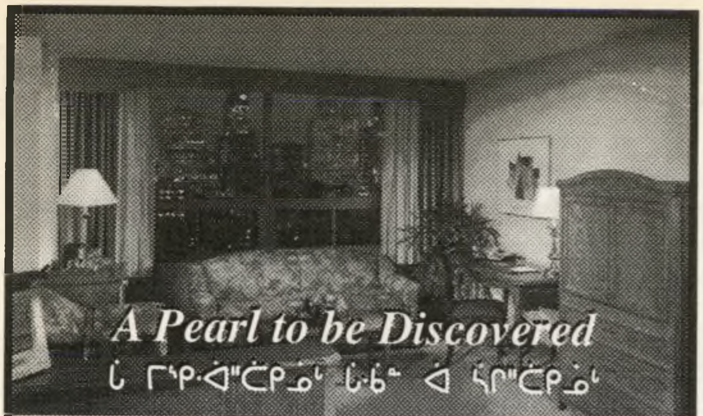
The shelter is located in what is known as the east end of Kapuskasing and is a six-bed house with an office. The new service is being offered 24 hours a day and although Peter has taken on the initial workload by himself, a new employee has recently started. In the future, Peter hopes the shelter will receive more support to allow for more staff and services for its clientele. The project is being funded through a federal government program called the National Homelessness Initiative in partnership with the Ontario Federation of Indian Friendship Centres. Peter informed me that the development of the project has received positive support from the town of Kapuskasing and Mayor J.C. Caron and town council.

The new shelter will provide lodging, three meals a day and use of laundry facilities for those who will use the service. The staff will also help people access services and programs that will give them the opportunity to start in a new direction through employment programs, medical help or other forms of additional assistance. Meegwetch to Peter, Ernie Fontaine, Aboriginal Healing And Wellness Coordinator who were part of the Aboriginal Homeless committee with others including Linda Sackaney, Helen Montgomery and James Timmins, Jr., Kapuskasing Friendship Centre Board Of Directors. Meegwetch also to the Kapuskasing Friendship Centre Board of Directors, Kapuskasing Mayor J.C. Caron, town council and the federal government for having the hearts and minds to make things easier for people. This is a trend we need to encourage.

Happy Aboriginal Day!

from the
Nemaska Motel and Restaurant

2 Lake Shore Road
Nemaska, Qc J)Y 3B0
Tel.: (819) 673-2615
Fax: (819) 673-2233



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Où J'ai des Sports

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The management & the employees of Où J'ai des Sports would like to wish you a great National Aboriginal Day.

949 3rd Street, Chibougamau Quebec G8P 1R4
Phone: (418) 748-3366 / 748-2381
Fax: (418) 748-3037

Let's encourage our STUDENTS!

The Nation will be sponsoring a campaign for families who would like to send a message of encouragement and congratulations to Cree students everywhere.

For a special reduced rate of $100, (a lovely 1/4 pg format) you will now be able to let everyone in Eeyou Istchee know of your loved one's accomplishments this school year. Call us, write to us, send us a photo and let us know who you would like to congratulate today!!

the Nation

Tel: (514) 272-3077
Fax: (514) 278-9914
E-mail: sales@beesum-communications.com

MOTEL Harricana Inc.

**1000, 3e Rue,
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G8P 1R7
Tél.: (418) 748-7771
Fax: (418) 748-2887**

CHAMBRES

Chambres
3 Suites avec bain masseur et salon, bar lit 60x80
7 Luxueuses avec bain masseur et salon, bar lit 60x80
31 Spacieuses avec lit 60x80
58 Conventionelles 1 lit ou 2 lits

Chaque chambre comprend:
TV couleur 26" • Radio réveil • Vidéo cassette
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Salle à manger Les Captures
Bain tourbillon masseur
Piscine
Salle de conférence et réception

Propriétaire: Roger Pearson

CLASSIFIEDS

Father's Day Wishes

I would like to say Happy 1st Father's Day to the best Dad anyone could ask for; Randy Ottereyes. I love you with all my little heart. Enjoy YOUR day. Luv always, your son Devon XXX Happy Father's Day "mon chum". Hope this day is as special as any other day. We love you. Love always, someone who will always be here, WIL XXX

We would like to say Happy Father's Day to our Dad Wayne Gilpin in Eastmain. We hope you have a great day Dad. And to our Mom, Happy Belated Mother's Day. Love always, Marlena, Jacob, Devon and Stephane. We love you two XXX

100 – Births

Congratulations! To Vanessa Otter on the birth of your beautiful daughter Kenderianna on May 17th 2002. Take care of her and give her lots of love. Love always, Marlene Saganash in Wemindji.

I would like to say congratulations to Rachel and Bruno Sheshamush on the birth of their baby girl at 2:07pm on Friday May 31st 2002. From Mary Niquanicappo.

101 – Birthdays

I'd like to wish a Happy Birthday to someone very special, someone whom I admired for the past months, Naomi B on June 10th. Hope everything you've ever dreamed of comes your way. HAPPY BIRTHDAY! From that someone on your messenger list.

I would like to wish a Happy Birthday to the following people: Violet Neeposh on May 31st, Roberta Pachano on June 1st, Kristen Moar on June 3rd, and Jean Meskino on June 5th. I hope all of you enjoy your Birthdays and have a great time! Take care of yourselves and no partying! LOL... From: cousin/friend April

I would like to wish a Happy 19th Birthday to my Special friend and cousin Kristen Moar,on June 3,2002. And also wanted to wish you Happy mother's day. And another birthday wish going to Ms.Erica H/Jack on June 1,2002. Happy 18th Birthday to you too. Wow!! You're finally 8 teen, so you could go inside the Bars..(lol)

I hope you girls enjoy your speial day ,but I hope you Erica won't PARTY to much...P/S Kristen take-Care your little boysh(Jamal)and to you Erica Take-Care Love in friendship : Natacha And little Brandysh... Sending a Birthday Greeting to my friend Ryan Cheezo on May 1st 2002. Just wanted to wishing you a Happy Belated Birthday. Take care bud! From friend (V.S.)

I would like to wish a Happy 19th Birthday to my Special friend and cousin Kristen Moar, on June 3,2002.And also wanted to wish you Happy mother's day. And another birthday wish going to Ms.Erica H/Jack on June 1,2002. Happy 18th Birthday to you too. Wow!! You're finally 8 teen,so you could go inside the Bars..(lol) I hope you girls enjoy your special day, but I hope you Erica won't PARTY too much... P/S Kristen take-Care your little boysh(Jamal)and to you Erica Take-Care Love in friendship : Natacha And little Brandysh...

I would like to wish a Happy Birthday to my friend Amy Mianscum, who celebrated her birthday on May 2. I think she was in the bush at that time...Well I hope you enjoyed your day, with Bryton to of course. If only we could've celebrated your birthday at L'extase instead huh? We would've all had a blast...Sorry for being late, but better late then never. Happy Birthday and many more years to come...I care about you my friend, and especially our little Boy...take good care of him, as he means the world to you and us... Now remember dont be to over proective, thats why you have us for...(lol)>From Friend Forever Vicky OJ.

A Birthday wish goes out to a wonderful friend of mine Victor Diamond from Chisasibi. He will be turning 18 on the 21st of May/02. Happy 18th Birthday Victor, you must feel so free! Hope you have fun on your birthday.Don't Party too much(lol)why did i bother telling you that since your still gonna party alot(lol). Victor, your a wonderful, thoughtful, loving & caring friend who is always there when i need you...that's why i love you.I wish i could be there for your birthday but sorry i couldn't go there because my brothers' birthday is a day before yours. Have fun partying with your buddies in Chisasibi. Take Care Buddy!

From friend always, Marceline H/Jack xox

We would like to wish a Happy 5th Birthday to our little baby boys Myles Blake & Donovan Lee Happyjack on the 20th of May 2002. Oh My... our babies have grown so fast and you boys sure are tall. The first time we heard your heart beats.. just the sound of it made us realize that God has chosen us to be your parents and we sure hope you boys will grow up to be the men that we're raising you to be. Five years have gone by so fast but all the memories of you boys when you were little babies will stay within our hearts for forever. God has been so good to us when he gave us the both of you. We thank God each & everyday for you boys. Love, Mommy (Anna) & Daddy (Matthew) xoxoxox

We want to wish a Happy 18th belated Birthday to Lily Belle Bosum who celebrated her birthday on May 14, 2002. Too bad it was on a Tuesday, We could've partied! The bad thing about you turning 18 is, we won't have a water girl, now you'll be skating with us. (dah) Joke. Anyways Happy Birthday GIRL!! From Vicky and Sherry, All the way from OJ (AHT)

I want to say happy belated birthday to Gianna Salt on may 16 /2002. We love you so much, sorry we couldn't be there when you blow out your 4 candles.... but just to let you know that we though about you on your special day and we hope that you enjoyed it! Love, your mother Hannah Jane Salt and your little bro William.

This birthday greeting goes out to a friend of mine Nikki Namagoose. She will celebrate her ??th birthday on may 21 2002. Happy Birthday girl and many more to come and remember I'm here for u. Friend always C.W.[waskaganish]

We would like to say happy 10th birthday to our brother Kristian Whiskeychan on may 28/2002. We hope u have a blast on your birthday and many more birthday's to come. And also happy belated birthday to our cousin Jovani Dion he celebrated his 1st birthday on may 4/2002. We love u both so much once again happy birthday to u guy's. Love Crystal and Derian Whiskeychan.[waskaganish]

Happy Birthday to my dear friend Violet Neeposh on May 31st. Violet, your Birthday is on Friday; wish I was there to celebrate with cha! We'd PARTY. LOL I miss you gurl! Hope 2 c ya soon! Once again Happy Birthday. Friend always and 4-ever, Verginia Saganash.

Happy Birthday to my Grandmother Winnie Saganash on May 31st 2002. Hey Grandma have a blast! Don't party too much even though your Birthday is on a Thursday ha! Have fun! Take care. From your grand-daughter Verginia Saganash.

We like to wish Happy 13th Birthday to our cousins the angel and the brat. Teenagers already. Both of you enjoy your day and many more to come. Damian Georgekish on May 14,2002 & Shane Georgekish on May 31,2002. Love, Samia,Julianna & Kendra

We would like to wish our friend Evangeline Petawabano from Mist. a Happy 17th Birthday on June 30th -2002, Hey! Evangeline...Why don't you come to Waskaganish and celebrate your birthday with us?...Oh we almost forgot you can celebrate your Birthday with JERE too.>>>LOL<<<Anyways!! Have Fun!!....Oh yeah ....We would like to wish a happy birthday to Erica Stephen too..Have fun Erica and don't party...not even a little...lol.j/k. We wish you both many more birthdays to come...EVANGE WE HOPE YOU'LL VISIT US THIS SUMMER (Y) AND OF-COURSE TO JEREMIAH TOO...LOL...From all you friends in Waskaganish!

Happy Birthday to my mother Rosie Wapachee on June 3rd. Mom, I want to thank you for all you have done for me and my son. Your unconditional love towards us has inspired us in many ways. I

Safer Communities, Everybody's Responsibility

The *National Strategy on Community Safety and Crime Prevention* is seeking

Letters of Intent

from organizations interested in applying for project funding to reduce crime and victimization

Is your organization a:

- Not-for-profit non-governmental organization?
- Not-for-profit organization for businesses or professionals?
- Band, Tribal Council, Inuit organization or First Nation that is interested in undertaking a specific project to reduce crime and victimization within/across Aboriginal or Inuit communities?
- Not-for-profit institution or organization interested in working to reduce crime and victimization?

The National Strategy offers support to projects that reflect a Crime Prevention through Social Development (CPSD) approach.

CPSD is an approach directed at addressing personal, social and economic risk factors that may place individuals at risk of becoming involved in criminal acts or becoming victims. These risk factors can include things such as drug/alcohol abuse, violence and a lack of positive social supports. Please note: The National Strategy cannot contribute to, or support, the ongoing operations of an organization or the duplication of existing programs and services.

Deadline: Letters of intent must be received by July 12, 2002.

For more information on what must be included in your letter of intent please visit our web site at: **www.crime-prevention.org** or call (toll free) **1-877-302-6272.**

Government of Canada Gouvernement du Canada

Canada

am proud to be your daughter and I respect you and love you very much. Thanks for never giving up on me and for always telling me the truth even when I didn't wanna hear it, believe me it has helped. Enjoy your day Mom. With all my love, your daughter Charlotte Wapachee.

Happy Birthday to Jacob Jolly on June 2nd. So Jacob, how old are you now? Hope you have a great day and Congratulations on your new house, it is beautiful. Now, you need a woman. Take care. From your friends at N.G.S.

Happy belated Birthday to my loving uncle Harry Gunner on May 1st 2002. Hey Unc, you're getting pretty old heh? Just kidding, just wanted to wish you a Happy Belated Birthday! From your niece who loves you

Happy Belated Birthday to my sons, Anvil, on April 23rd, Hugo on April 17th, Sam on May 7th and Joshua on May 22nd. Anvil thank you for being there to fill up my freezers, Hugo for being there to take over the wheel when I am too tired, Sam for my free of charge mechanic when I need mechanical assistance for my vehicle, and last but not least Joshua for being there to listen when I need someone to talk to. I could not ask for anything more than you boys. God bless you all, from Mom (Winnie Bosum).

Wishing a Happy Belated Birthday to the little one. Zachary Jolly celebrated his Birthday on May 4th. Zac you're growing up so fast, too fast but to a fine little boy. I miss you a lot, hope to see you soon. I hope you saved me a piece of your cake ha! From your friend Verginia Saganash. Luv ya! Miss ya! XOX

I would like to say Happy Birthday to my brother Devon Gulpin. He will turn 4 on June 17th 2002. And I would like to wish a Happy Birthday to my aunt Flora Gilpin on June 25th, she will turn ??. Happy Birthday to you two. Love always, Marlena Saganash in Wemidji.

We would like to wish Shaun Mistacheesick a Happy First Birthday on May 27th 2002. We wish you all the best in life and many more years to come. Hope you'll have a special one. Love, Colleen & Karlee XOXO

We would like to wish Shaun a Happy First Birthday on May 27th and to Karlee Happy First Birthday on May 31st. Special Birthdays to both of you, don't eat too much cake. Love, Grandma Mary, Grandpa Eric, Auntie Melanie and Uncle Darryl. PS: We love you both so much XOXO

We would like to wish our daughter Karlee G. Cookish a Happy First Birthday on May 31/02. The day you came into this world was the day you filled our lives with joy and love by every little thing you do or you try to say. We love you so much. Hope you'll have a very wonderful Birthday. Love always. Mommy & Daddy (Colleen & Christopher).

We would like to wish Happy Birthday to the following people; Eric Matches Jr. on June 3rd, Kerri-Ann Hughboy on June 8th, Melanie Matches & Dale Hughboy on June 14th. Hope you guys have wonderful Birthdays and many more to come. From Eric, Mary, Leroy, Darryl, Colleen & Karlee (Wemindji).

I would like to say Happy Birthday to a very Special Girlfriend, Melanie Matches from Wemindji on June 14th. I would like to say thank you for what you've done for me and the love you showed me and I hope this will go on forever, cause I love you! Ever since I went out with you. Everything changed and I thank you for that. No one ever made me feel this way before. They say love gets better, and I think no one will ever make me feel this way again but you. Cause you're the love of my life. And I thank God for giving me someone to love and that someone who loves me back. Than you and have a great Birthday, cause someone like you deserves it. From your boyfriend Dennis Moar a.k.a. Boy.

I would like to say Happy Belated 20th Birthday to my Sis Ms. Violet Neeposh from Nemaska. Her Birthday was on May 31. So sis did you have fun on your birthday? I would like you to know that I love you, even though we fought a couple of times. I still remember the good and the bad times we had together. But we still fight sometimes. Anyway sis,I love you soooooooo much, even though i don`t say it but i do, deep down inside and don`t ever forget that. P.S don`t forget the time when we fought accidently. :)LOL!! (down the bank) and you started it! LOL! From your sister who loves you soooo much. Victoria Wapachee.Nemaska Qc. Luv ya sis!

We wannna wish happy birthday to a wonderful dad Edward Pepabano,he will celebrate his birthday on march 8,,HAPPY BIRTHDAY AND MANY MORE TO COME!!!!!!!!!

LOVE ALWAYS..Sally,Jerry & Gerald

104 – Graduations

We would like to congratulate Frances Meskino for completing her secondary studies in Mistissini. She graduated on Wednesday April 17th 2002 in Chibougamau. We wish her all the best in life. We were very happy that families and friends came to celebrate with her. Way to go. Graduate Party On!!!!!!!!!!!!! With love, Stephanie and Mom.

Congratulations Mary Shom on your successful graduation of Masters in Education Curriculum Development. It was an honor to attend and witness your achievement at the Long House ceremony and convocation at Universtity of British Columbia, Vancouver B.C. We wish you the best in all your future endeavors. Love & Prayers, Minnie & Celeste.

300 – Personals

ABOUT HER. She deserves to be treated like a queen. She has done everything for us and we would like to say to her; "We love you so much and you mean everything to us". We love your cooking so much that we couldn't miss a meal. Once again, we thank you so much for all that you do. Love always; your husband Marty and children; Myles, Martina, Maureen, Marlon and Melanie and your grandchildren; Marcus, Marisa, Myra and Matthias. PS: Keep up the good work and we thank God for a wife, mother and grandmother like you are.

We would like to say to our Mommy Mara, that you are wonderful and special and that we love you so very much. From Collin and Sinclair. Hope you had a great Mother's Day.

We would like to say to our Mom Eva and our sister Mary that we thank you from the bottom of our hearts for all the love and support. You both are loved, appreciated and thought about, not only on Mother's Day but all year round. Hope you take it easy cause you deserve it so much. With love, Stephanie and Frances.

I would like to say hi! to my auntie's Tanya Pamela Grace, also to my grandmother Daisy Blacksmith. I miss you all a lots. I want to say hi! again i love you all so muchfrom your niece in Wask Gianna Salt with lot's of kisses.

I would like to say this to a guy I saw at the party(well only for some people that we there).Your name is Nolan(I think that's how it's spelled),we were at Mistissini inthe gray house .My cousin(the one with the big red hood sweater) and my friend wanted to make us ONE, but I guess I was too shy for asking you out. I remember when I was drunk that time and the girl with big red hood sweater asked you to come outside with us, I was sooo excited for seeing you near and in my heart you could be in it if you just get to know me, and You were soooo cute when I asked you 'Is this yours?' you just

seemed to smile at me, and my heart pounded the whole time, and when I said 'hello?!' to you and you just smiled, giggled, and said 'hello?' to me at the window. I Love You(if you don't have a g/f),and hope we become ONE. Love Always a girl that wanted to...

Roommate wanted! Anyone planning to attend his/her studies in the city of Montreal this fall and think of looking for a roommate so it would be cheaper for everything... Well, I am looking for one myself. If you're interested, you can e-mail me; Joshua Bosum at: joshuabosum_91@excite.com Perhaps we could discuss more.

Congratulations to Bruno Baribeau for killing his first goose on April 30th 2002. We are very proud of you. Hope it was a wonderful experience for you and hope you had fun in the bush this year.

I would like to say hi to my friends and that I was thinking of all of you on Mother's Day. In Wasw; Sandra H. and Eleanor G. In Mist; Betsy R., Gloria CC and Sylvia BN. In Wem; Josephine Stephen. In East; Sarah Etapp. And at last in Wask; Pierrette S., Celestina T., Bertha B., Elaine B., Barbara HD, Corrina H., and Happy 1st Mother's Day to my friend and cousin Angela Ottereyes. Not to forget mothers-to-be Paulette Salt and Natasha Gull and Colleen Hester (j.k. About Colleen but Congratulations on finishing your first year in college). A big hello to Valentina B. and Nina Metabie in Mist and Ellen Ratt in Wemindji. Hey mothers take care of your kids and yourselves and to all my aunts and cousins Happy Mother's Day. Take care. In friendship, Martina Cowboy in Waskaganish.

Still looking for the perfect and most fastest gooseplucker, must be ready to pluck by the next coming spring, must be willing to marry within the next year and have plenty of kids, must have a lot of cooking experience and be ready to pluck 40-60 geese every spring.. Please reply a.s.a.p to Tommyboy- Box 11, waswanipi JOY 3CO.

I wanted to say"BONJOUR" to my friends...the 1st one Ms.Priscilla Wapachee from Waswanipi and my another friend in Eastmain Ms. Betty Tomatuk and to Ms. Melanie Gunner.So how are you girls doing lately?I hope you're all doing fine... And also i would like to say "Happy Birthday" to Melanie(Aboo)on May 3?,2002. Hey girl don't party too much..you might get sick thye next day ...like HUNG-OVER maybe. I hope i'll see you girls soon...P/S Take-Care of yourselfs Love in Friendship:Nat from Nem

Exactly one year has gone, since the time that we first got closer to each other, and i felt love so strong, but somehow during this time, we had to let go of each other's embrace. But still, even up to this very day, i have never forgot that beautiful smile upon your face. Now, i just want for you to know, in a very special way, that I am forever cherishing you within my heart today. These precious moments of my life, and these special times spent by your side. I could never possibly forget, just how special those days had meant, to this very heart of mine and just how wonderful it was to have been by your side for some time. Now, i just hope and pray that you will always remember me and just special within this very life, you will always be. I don't know if we'll ever be together again, but i guess only God knows when, so I'll simply wait and see,and trust in him to show us, someday, somehow if we are truly meant to be. One thing is for sure, I will continue to love you always, my dearest angel, day by day, for all eternity.

400 – MISC

MUSICOM inc. Chibougamau, Ungava's largest multimedia server, is presently seeking reliable representatives in the following communities: Waswanipi, Ouje-Bougoumou, and Nemsaka for the installation and servicing of parabolic antenna systems. (Starchoice & Express Vue) Candidates must have experience in this type of work. We pay well.References: Gilles Moreau, Tel: 418-748-3232 Fax: 418-748-3237

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A Health Bulletin

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The Cree Board of Health & Social Services of James Bay

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Miiyuunakitihwaaiimiisu

A Fictional Tale ... but it could happen.

Charley, 19, is the son of Bill Highwater. He is a popular youth who is very athletic and has high academic achievements. Since the age of 16, Charley has had numerous opportunities to visit many cities such as Montreal, Ottawa, Toronto, New York, Miami and many others. He leaves his community about 5 times a year. Charley, who likes to drink and party, uses drugs occasionally and is known to have many girlfriends. Bill, his father, is a successful businessman and a Band Councillor who is known as a rich man in the community. His wife, Martha, is an outgoing and much involved member of the popular Christian movement.

Lynda, 17, is the youngest daughter of Samuel and Mary Rivers who are a full-time hunting, trapping, fishing and gathering family. The family has struggled financially and materialistically but is known as a close-knit and loving family of 8 children. Samuel is acknowledged as a very successful hunter and recognized as a resourceful and environmentally conscious Elder of the community. Mary is a quiet traditional medicine healer and keeper of Cree wisdom and knowledge. Lynda grew up in a sheltered home and had a traditional Cree upbringing. She was taught to be disciplined and encouraged to be a caring and responsible young woman. She finds out that she's pregnant after a one-night stand with Charley while attending a Hockey Tournament. She agrees to have the recommended HIV test during her pregnancy. She is absolutely torn apart and shocked to learn about the positive result.

Lynda tells her mother and father who are sympathetic and worried about their daughter. Word leaks out about Lynda. The vicious gossip cycle starts ...

How would you feel if this wasn't a fictional story but involved someone you love such as a brother, a sister, a best friend or even you?

How could this situation have been prevented?

The proper use of condoms if you have sex, limiting your number of sexual partners, not having sex when you're drunk or high, or abstaining from sex are all ways to reduce your chance of catching HIV. You can catch the HIV virus from having unprotected sex or sharing needles.

What can be done for Charley, Lynda and her baby?

Charley can have a confidential HIV test done at any community clinic or be provided with information where this confidential testing could be done elsewhere. If anyone else is concerned that they may have been exposed to HIV, they can always have themselves tested as well. Remember that HIV is not spread by casual, daily contact. It is spread through unprotected sex, sharing needles or from mother to child.

Lynda may be treated with medication, which, if taken correctly, may allow her to avoid infecting her baby. It was a good thing for the health of her baby that she was tested.

It important for anyone infected with the HIV virus to receive regular medical care. There is NO risk of transmitting the disease to your circle of friends, your family or your coworkers through everyday activities. And, you have the right to live in peace, dignity with respect for the confidentiality of your medical information.

Remember, whether you're a woman or man, whatever your age or sexual preference, no matter where or how you live, HIV/AIDS affects everybody.

Dr. Robert Carlin
Infectious Diseases Coordinator
Public Health Department - CBHSSJB

George L. Diamond
Health Promotion Officer
Public Health Department - CBHSSJB

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